

Laser Resurfacing Instructions

Laser Resurfacing is a personalized procedure – the precise depth of the peel has been determined based on your concerns and the conditions of your skin. As such, patient response to Laser Resurfacing treatment is often variable. Typically, the depth of the peel is in the dermis (lower layer of your skin). Erythema (redness) and possibly edema (swelling) are the desired responses within a few minutes after the completion of the procedure. The degree of redness and length of healing time will increase with the depth of your peel. Your physician has customized your treatment for your skin condition, so some areas may have more sensitivity. Below you will find detailed instructions on what to do before and after your treatment.

1 Week before procedure:

- Stop all topical Retinol/Tretinoin containing skin care products
- Start taking 1000mg Vitamin C twice daily

Day before procedure:

- Take the first dose of the antiviral (Valtrex) that was prescribed for you

-After the procedure you will be using a dilution of Apple Cider Vinegar (given to you). You should prepare a gallon of this dilution (**2 tablespoons of vinegar in 1 cup of distilled water**) ahead of time and place it in the refrigerator so that it is cold and ready for use.

Day of procedure – before your appointment:

- Take another dose of the antiviral (Valtrex) in the morning prior to coming in for your appointment

-About **45 minutes before your appointment**, please do the following:

-Apply a thin layer of the topical numbing cream (small white container that was given to you) to your facial skin making sure to apply slightly into the hairline. You should also make sure to apply this to your under eye skin, but avoid getting it into your eyes.

-Take one 5mg tablet of Oxycodone and one or two 5mg tablet(s) of Valium – bring both of these medications with you to your appointment as well (**note: you will need someone to drive you to and from your appointment**).

Day of procedure – after your appointment:

-When you leave our office, you will have several adherent pads (Telfa™) covering your face to help absorb any bloody drainage and a netting to hold the Telfa in place.

- Your face will feel like you have a bad sunburn for about 4 hours. This sensation should resolve by later that night or the following morning. You may take prescribed pain medication or valium as necessary.

-Oozing is normal and expected. You will leave the netting on - but will need to change out the Telfa pads as they soak through/become saturated with blood. When you notice this happening, simply remove the saturated piece of Telfa from beneath the netting, apply Vaniply™ to the exposed skin and then place another piece of Telfa in its place. **Repeat this process as needed until your appointment the following day.**

-A cold compress (e.g., frozen peas in a snack size Ziploc bag) may be used to reduce swelling and provide comfort if the treated area is especially warm.

-Please sleep with your head elevated above your heart the first few nights to minimize swelling.

Day after procedure:

- We typically see you the following day after your treatment. At this appointment the netting/telfa will be removed and your skin will be cleansed. This will take the place of your first face washing for the this day.

-The occlusive petrolatum barrier (Vaniply™) will then be applied to the entire treated area. **This will need to be reapplied several times daily so that the skin is kept moist. It is very important that the skin does not get dried out. (Note: if you run out of Vaniply, you may switch to Aquaphor healing ointment, which is available for purchase at most drugstores).**

-At your appointment you will be given **Biafine™** cream to mix in with the Vaniply to be applied to certain areas of your face once daily (either in the morning or at night) until you are seen again in the office. This will help to speed up the healing process.

-You will start doing the Apple Cider Vinegar soaks today. Place Apple Cider Vinegar-soaked gauze over the treated areas and let it rest there before lightly patting the skin (be careful not to rub or scrub the skin). This will help keep the treated area free of bacteria as well as help to remove any excess oozing/crusting. **This should be repeated 4-5 times daily until you are seen again in the office. Always apply the Vaniply immediately after you are done.**

-Continue to take the anti-viral (Valtrex) as prescribed.

-Cleanse the skin that night with plain, lukewarm water and **Cetaphil™** cleanser. Re-apply the Vaniply mixed with Biafene

-Sleeping in an elevated position will help to prevent further swelling.

-Post treatment discomfort may be relieved with over the counter oral pain relievers (i.e. Extra Strength Tylenol or the prescribed pain medication). Oral Benadryl may help itching but can be sedating.

Day 2-7 after procedure:

-Continue to cleanse the skin twice daily (morning and evening) with lukewarm water and Cetaphil cleanser.

-Continue with the Apple Cider Vinegar Soaks 4-5 times daily.

-Continue using the Vaniply, re-applying as needed throughout the day in order to keep skin moist and protected.

-Continue to take the anti-viral (Valtrex) as prescribed.

-You should have an appointment to be seen in our office around 1 week after your laser procedure. At this point the skin around the perimeter of your face should be healed, allowing you to switch to Vanicream™ moisturizer (available at most drugstores) in these areas.

Day 8-14 after procedure:

-Continue using Vaniply on areas of the face that are not fully healed.

-You may transition to Vanicream moisturizer on other areas of the skin as they heal, as this will eventually take the place of the Vaniply. If you feel that the Vanicream is not providing enough moisture, you may continue to use Vaniply ointment as needed until you are able to comfortably switch.

-At 14 days post-procedure, you will be given 2 products to start using daily:

1. **Elta MD UV Physical Broad Spectrum SPF 41 sunscreen:** After cleansing with the Cetaphil cleanser, apply Vanicream as your base moisturizer and then the Elta Sunscreen only if you plan on going outdoors. This sunscreen is tinted and can help camouflage the redness. The physical sunscreen is very important to help prevent hyperpigmentation issues and should be used vigilantly as a daily defense.
2. **HQRA-3:** This product is intended to speed up the redness of the skin and minimize any formation of brown pigmentation. This is **only** used **at night**. After cleansing with the Cetaphil cleanser, apply a thin layer on your entire face. Allow to dry and then apply the Vanicream to moisture good moisture.

-You may start using makeup at this time (if desired). We suggest **Jane Iredale** mineral-based makeup line - available at About Faces in Annapolis:

*About Faces
Annapolis Towne Centre
1910 Towne Centre Blvd., Suite 203
Annapolis, MD 21401*

Items that will be given to you by our office:

- Numbing cream (to be applied prior to your treatment)
- Vaniply™
- Gauze
- Telfa™
- Bragg's Organic Raw and Unfiltered Apple Cider Vinegar
- 1 pink basin in which to prepare your apple cider vinegar dilution
- Prescriptions (as determined by your Physician)

Items that you will need to purchase:

- Cetaphil gentle skin cleanser
- Additional gauze, Vaniply™ (or Aquaphor®) as needed
- Vanicream™ Moisturizing Skin Cream
- Vitamin C 1000mg tablets
- Distilled water